

A Few Tips on Lifting



1. Avoid awkward bending, reaching, twisting, and turning motions while lifting.
2. Avoid lifting things overhead
3. Lift with your legs by bending your knees so your arms are level with an object, and Keep objects close to your body.
4. Push rather than pull.
5. Don't use fast jerking motions.
6. Don't lift on slippery surfaces, and make sure the area around you is clear